

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

RUSSIA

Adventure on the Trans-Siberian Railway



September 8 - 22, 2019

RUSSIA

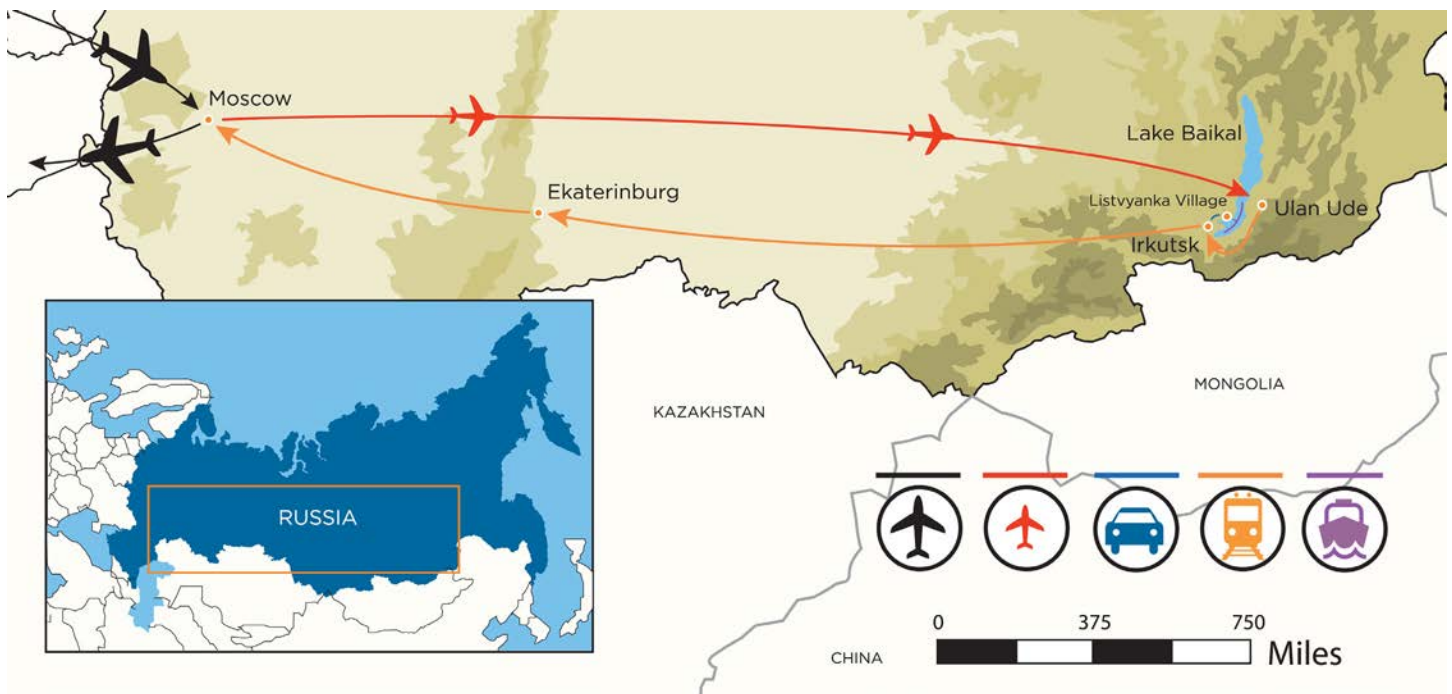
Adventure on the Trans-Siberian Railway

September 8 - 22, 2019

TRIP HIGHLIGHTS

- ▶ Experience one of the world's greatest train rides
- ▶ Visit sophisticated cities, deep taiga forest, rolling steppe, imposing mountains, and a patchwork of different cultures
- ▶ Explore Moscow on a river cruise and taste traditional food
- ▶ Kayak on the Angara River all the way to Lake Baikal, the deepest lake in the world
- ▶ Stand with one foot in Europe and one in Asia en route back to Moscow by train

TRIP ROUTE



RUSSIA

Adventure on the Trans-Siberian Railway

September 8 - 22, 2019

QUICK VIEW ITINERARY

- Day 1: arrive Moscow, welcome dinner
- Day 2: explore Gorky Park, river cruise, overnight flight to Siberia
- Day 3: arrive Ulan Ude, explore the covered market and city center
- Day 4: dine with Buddhist nuns, enjoy dinner and a performance in a private home
- Day 5: take the Trans-Siberian railway to Irkutsk, afternoon to explore on your own
- Day 6: explore Irkutsk, enjoy a bell chimes concert, visit the Decembrist Museum
- Day 7: kayak the Angara River, private cruise on Lake Baikal
- Day 8: morning hike on the Great Baikal Trail, cooking class with a local family
- Day 9: meet with an Irkutsk women's club, explore on your own, board the train
- Day 10: ride the rails of the Trans-Siberian Railway
- Day 11: enjoy another day on the train, arrive Ekaterinburg
- Day 12: tour the Church on the Blood, visit Ganina Yama, a monastery
- Day 13: explore Ekaterinburg, stand in Asia and Europe simultaneously, board the train
- Day 14: day aboard the Trans-Siberian Railway, arrive Moscow, farewell dinner
- Day 15: depart Moscow

TRIP PRICE

Main Trip: \$6,990

Internal Air: \$450

Optional Single Accommodations (Hotels Only): \$690

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.....

your adventure in depth

DAY 1

Sunday
9/8/19

Arrive in Moscow

Welcome to Moscow, Russia! Founded in 1147 by Yuri Dolgoruky (literally “Yuri of the Long Arms”), Moscow rose to prominence during Mongol domination and eventually became the Russian capital. Eclipsed for 200 years by St. Petersburg, Moscow was restored as a political center after the October Revolution in 1917 and served as the capital of the Soviet Union until 1991. Moscow today is a booming metropolis, dignified yet dynamic, where ancient churches sit shoulder to shoulder with 21st century financial institutions, and where the new high-rise commercial district of Moscow-City is changing the face of the city forever.

Pick-up and Transfer

You will be met at the airport and transferred to your hotel.

Meet Your Group

Meet in the lobby of your hotel at 6:30pm for group introductions.

Welcome Dinner

Have a welcome dinner this evening to kick off your adventure in Russia!

Accommodations

Holiday Inn Lesnaya

Meals Included

dinner

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DAY 2

Monday
9/9/19

Moscow to Ulan Ude

Moscow was the capital of the Grand Duchy of Moscow from 1340 to 1547. It was the capital of the Russian Soviet Federative Socialist Republic from 1918, which then became the Soviet Union (1922 to 1991), and since 1991 has served as capital of the Russian Federation. Needless to say, this city is steeped in history; enjoy an in-depth exploration of that history today.

Explore Gorky Park

Gorky Park, along the Moscow River, opened in 1928 as the Soviet Union's first "Park of Culture and Rest." Originally, a large part of it was devoted to carnival rides and food booths, and it was a center of exuberant celebration. But by 2011, the rides and booths had become shabby and gloomy, and the city ordered a complete overhaul. The rides were removed and the green spaces re-purposed into sports and recreational areas, including places for beach volleyball, dance classes and pétanque, or bowls. Free WiFi, public art, an open-air cinema, and new al fresco cafés encourage Muskovites to spend some time outdoors.

Visit the Garage Contemporary Art Center

Founded in 2008, Garage is a cutting-edge center for contemporary art and culture. Located in Gorky Park, Garage supports important international and Russian modern art and cultural projects, including photography, installations, and educational outreach.

Lunch

Enjoy a lunch of traditional favorites at a local restaurant.

River Cruise

Board a Radisson Royal Moscow yacht to cruise the Moskva River, enjoying the cool breezes in summer and the wrap-around panoramic windows and ice-breaking capabilities in winter. Admire the historic monuments of Moscow from a nautical angle.

Dinner on Your Own

Dinner is on your own this evening, but your guide will help you find a good restaurant!

Overnight Flight

You'll be transferred to the Moscow airport to catch your overnight flight to Ulan Ude in Siberia.

Accommodations
Overnight Flight
Meals Included
breakfast, lunch

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DAY 3

Tuesday
9/10/19

Ulan Ude

Ulan Ude lies 3,500 miles east of Moscow and 62 miles southeast of Lake Baikal. The city was closed to foreigners until 1991. There are old merchants' mansions richly decorated with wood and stone carvings in the historic center of the city, as well as the largest statue of Lenin in the world in the town center.

Transfer to Your Hotel

You'll be picked up at the airport and transferred to your hotel. Take some time to rest and freshen up.

Lunch

Enjoy lunch at a local restaurant, taking the opportunity to taste the local specialties.

Explore Ulan Ude

Discover Ulan Ude's small city center this afternoon. The highlights include the covered market, where merchants at small stands sell everything from freshly-cut meat to freshly-baked bread and sweet rolls; the original merchant center of the city with its wooden Siberian houses; the trade rows and administrative center; the city's first stone Orthodox church; and the biggest Lenin head in the world.

Dinner

Enjoy dinner with your group this evening.

Accommodations

Mergen Bator

Meals Included

breakfast, lunch, dinner

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DAY 4

Wednesday
9/11/19

Ulan Ude

Formerly called Verhnedinsk, Ulan Ude was founded in 1666 by Cossacks as a winter encampment on the Selenga and Ude Rivers. The city later prospered as a major trading post along the tea route between China and Irkutsk. The indigenous people of the region, the Buryats, resisted frequent attempts to infiltrate their culture and traditions. Today, the unique cultural identity, language and spiritual beliefs of the Buryat people make a visit to Ulan Ude a fascinating experience.

Lamrim Buddhist Women's Center

Meet with Buddhist women and nuns at Lamrim, the Buddhist cultural and educational center for women. Founded in 2013, Lamrim (meaning "stages of the path") is meant especially for women to talk, consult, learn about Buddhism, and meditate. Enjoy lunch with some of the women in their dining room.

Performance and Dinner

Listen to the stirring songs of a community of Old Believers. Rebelling against Patriarch Nikon's 1652 reforms of the Orthodox liturgy and ritual, the Old Believers fled or were exiled to Eastern Europe and then to Siberia. In their isolated Siberian villages, these groups were able to preserve their 16th and 17th century traditions, clothing, architecture, language, and style of singing. In 2001, UNESCO inscribed the cultural legacy of the Trans-Baikal Semeiskie - as they are called in Siberia - on the Representative List of the Intangible Cultural Heritage of Humanity. Enjoy dinner here before driving back to your hotel.

Accommodations

Mergen Bator

Meals Included

breakfast, lunch, dinner

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DAY 5

Thursday
9/12/19

Ulan Ude to Irkutsk

Irkutsk is one of the largest cities in Siberia. It was named after the Irkut River, which got its name from the Buryat word for “spinning.”

Board the Train!

This morning you'll be driven to the train station where you will board the Trans-Siberian Railway. Spanning nearly 6,000 miles, the Trans-Siberian Railway is an epic journey with breathtaking experiences in remote destinations along the way. Take the train from Ulan Ude to Irkutsk, departing just before 9:00am and arriving mid-afternoon.

Transfer to Your Hotel

You will be met at the train station and transferred to your hotel.

Afternoon at Leisure

Explore on your own this afternoon, or just relax at the hotel.

Meet Women Performers

Meet with local women who are singers and musicians, getting to know them and the challenges they face, as well as the rewards they reap from their professions.

Dinner

Enjoy dinner with your group.

Accommodations

Marriott Courtyard

Meals Included

breakfast, lunch, dinner

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DAY 6

Friday
9/13/19

Irkutsk

Irkutsk began as a wooden fortress founded by Cossacks in 1661. Fortified and armed to a greater degree than other Siberian settlements, Irkutsk became a staging area for trade convoys and exploring expeditions, and by the early 18th century, settlers had already built 13 churches. The Irkutsk area has been a place of exile since Genghis Khan offered it to captives as an alternative to death. Today, Irkutsk is a pleasant, tree-lined city of near 600,000 on the banks of the Angara River.

The Church of Our Savior and WWII Memorial/Eternal Flame Monument

Visit the Church of Our Savior. Work began on the church in 1706, making it the oldest stone structure in the city. This fact saved it from demolition during the Soviet era when many of Irkutsk's other churches were razed. In the early 19th century the walls inside and out were covered with frescoes, many of which survive. Since the church was a beloved feature of the town, the citizens of Irkutsk filled the cracks caused by the earthquake of 1861, and poured water on the structure for two days during the terrible fire of 1879, when most of Irkutsk burned down.

Visit the World War II Memorial and Eternal Flame Monument.

Lunch

Enjoy lunch at a local restaurant.

Decembrist Museum and Concert

The Decembrists were a group of young officers who had served abroad during the War of 1812 and become advocates of political reform. In December 1825, they, along with some 3,000 followers, refused to swear allegiance to the new czar, Nicholas I. Their uprising was quickly put down, and five of the leaders hanged. The rest were sentenced to forced labor in Siberia. Many of them, with their wives, settled in Irkutsk after their terms were over, and brought with them education and culture. The House Museum of the Decembrists is in the former home of Sergei Volkonsky and his wife, Maria.

Dinner

Enjoy dinner at a local restaurant.

Accommodations

Marriott Courtyard

Meals Included

breakfast, lunch, dinner

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DAY 7

Saturday
9/14/19

Irkutsk to Listvyanka

Called the “Sacred Sea” by the indigenous people who have lived along its shores, UNESCO listed Lake Baikal is the most ancient lake in the world. Formed in a rift in the earth’s surface nearly 25 million years ago, the lake basin today holds about twenty percent of the world’s fresh water. Its great age and isolation have produced one of the richest and most unusual ecosystems on earth.

Baikal Limnological Museum

Visit the Baikal Limnological Museum on the southwest shore of Lake Baikal. Learn about the origin of the lake, its characteristics as the oldest and deepest lake in the world, and its endemic species like the golomyanka, a transparent fish, the omul, a tasty salmon-like fish, and the freshwater seal, the nerpa.

Morning Hike

Enjoy a 3-4 hour hike today along part of the Great Baikal Trail. If you don’t want to hike, you can take a boat!

Lunch

Enjoy lunch at a local restaurant.

Boat Trip on Lake Baikal

Board a private boat at Listvyanka for a cruise to the old Circumbaikal Railway. The five-hour round-trip journey includes an on-board lunch of Baikal omul, as well as a walk along the tracks and inspections of some of the tunnels along the line. The Circumbaikal is the original line used by the Trans-Siberian Railway before the present-day route was completed, and it’s one of the most complicated rail systems in the world. The route hugs the rocky lake shore and passes through 33 tunnels along its length, and you will explore it on foot making landings from your private boat.

Accommodations

Anastasia Hotel

Meals Included

breakfast, lunch, dinner

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DAY 8

Sunday
9/15/19

Listvyanka to Irkutsk

The popularity of the banya, or Russian bathhouse, has not diminished with the advent of universal running water. From the rustic log-cabin banya in the villages to the huge communal banyas of the cities, the traditional Russian bath is viewed as the epitome of a healthful experience. A typical banya includes a changing room or vestibule, a room for washing, and a sauna with a wood-fired stove. The bather adjusts the amount of steam by ladling water onto hot rocks. Larger banyas often include a cold plunge pool, so that the bather can move from hot to cold and back again. In both, it is important to beat oneself or one's neighbor with a branch of birch leaves soaked in water, to stimulate blood flow and release toxins.

Kayak on the Angara River

Drive towards Listvyanka and board sea kayaks at the Angara River outlet, and paddle down the river to the Museum of Wooden Architecture, about a three-hour trip.

Museum of Wooden Architecture

This outdoor museum is a 166-acre collection of authentic Russian and native Buryat, Evenki and Tafalar houses and community buildings from the 17th to the early 20th century. The wooden structures were moved here from various Siberian locations and reassembled into little hamlets and nomadic camps that demonstrate how people actually lived.

Cooking Class

On your way back to Irkutsk, stop to visit a local family for a meal and a cooking class. The family has a beautiful wooden house in the forest, where they keep a flock of geese, a big garden, and beehives. Enjoy a tour of the farmstead, a home-cooked meal, and a special drink. Enjoy a Russian Cooking Class with the family, and take part in making some traditional Siberian dishes to taste together.

Irkutsk Women's Club

Get together with members of an Irkutsk women's club for conversation and the exchange of ideas.

Dinner

Enjoy a light dinner at the hotel.

Accommodations

Marriott Courtyard

Meals Included

breakfast, lunch, dinner

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DAY 9

Monday
9/16/19

Irkutsk to the Trans-Siberian Railway

The Trans-Siberian Railway is a network of railways connecting Moscow with the Russian Far East. At 5,772 miles, it is the longest railway line in the world. It was built between 1891 and 1916 and is still being expanded.

Kvartal Project

Take a stroll through the neighborhood of restored and reconstructed Siberian wooden houses and shops called the Kvartal Project, or Irkutskaya Sloboda. The lacy fretwork on the old houses has been refreshed and repainted, and new cafés and shops have opened their doors in the handsome buildings.

Church Belltower & Bell Chimes Concert

Climb to the belltower of the Church of the Exaltation of the Holy Cross and enjoy a concert of chimes by a master bell ringer. The master personally collected all the bells and reconstructed the tower. During Communist times, worship was discouraged and bells were collected, many of them being melted down for their metal. Although the Orthodox Christians of Byzantium hammered on narrow wooden boards called semantrons during certain points in the liturgy, the Orthodox Rus joyfully took up bell ringing like the European Latinate Christians. Russian bell makers were quick to give the bells a distinctive Russian character, however. The Russian Orthodox hierarchy developed sets of special instructions, called zvon, which were rung for different occasions. Unlike British "change-ringing," in which intricate patterns are rung by ringers who each have control of one bell, the peals, or zvon of Russian Orthodox bells send messages, and can often be rung by one person.

Afternoon On Your Own

If time allows, enjoy a bit of free time to explore Irkutsk on your own this afternoon.

Trans- Siberian Railway

Transfer to the train station to board the train to Ekaterinburg. The legendary train route rolls past remote towns with charming painted houses. Frequent stops in cities and villages are short, but provide priceless opportunities for photos and souvenirs. Dinner tonight is on the train.

Accommodations

Trans-Siberian Railway

Meals Included

breakfast, lunch, dinner

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DAY 10

Tuesday
9/17/19

The Trans-Siberian Railway

Spend almost two full days on the Trans-Siberian, riding the rails to Ekaterinburg. Make a cup of tea or coffee from the samovar at the end of the car, talk to other Russian or foreign travelers aboard, or just watch the landscape scroll by the window. Rail travel is among the most popular forms of travel in Russia, and you will get the chance to meet other travelers on their way to the capital. Your tour manager is on hand to help you make the most of the journey, from striking up conversations with locals, to assisting you with ordering lunch in the dining car, to coordinating platform timings so you can stretch your legs at stops. Overnight sleeper accommodations aboard the train will be four travelers/compartment. The toilet and sink are located at the end of each sleeping carriage. Showers should not be expected.

Day on the Train

Spend the day on board the train, enjoying the scenery of the largest country in the world rolling by the window. Breakfast is included, and other meals are available for purchase in the dining car - local currency is recommended.

Accommodations

Trans-Siberian Railway

Meals Included

breakfast

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DAY 11

Wednesday
9/18/19

The Trans-Siberian Railway to Ekaterinburg

Yekaterinburg, or Ekaterinburg, was founded on November 18, 1723, named after Russian emperor Peter the Great's wife, Yekaterina. After Peter's death, she became Catherine I. Yekaterinburg served as the mining capital of the Russian Empire as well as a strategic connection between Europe and Asia at the time.

Another Day on the Train

Enjoy another day on the Trans-Siberian Railway. Chat with other travelers as you roll towards Ekaterinburg.

Transfer to Your Hotel

Arrive in Ekaterinburg in the evening. You will be met at the train station and transferred to your hotel.

Accommodations
Atrium Palace

Meals Included
breakfast

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DAY 12

Thursday
9/19/19

Accommodations
Atrium Palace

Meals Included
breakfast, lunch

Ekaterinburg

Ekaterinburg, founded in 1721 and named after Catherine I, is best known as the place where the last czar, Nicholas II, and his family were imprisoned and executed by the Bolsheviks. Today, the Church on the Blood stands over the spot where Czar Nicholas II and his family were killed in 1918. The city, formerly known as Sverdlovsk, is markedly different from other Siberian towns due to its rich mining industry, developed before the revolution. Sverdlovsk was closed to foreigners until 1990 because of its many defense plants. The order of activities in the next two days may shift depending on the departure time of your train to Moscow.

Ganina Yama A little over six miles from Ekaterinburg is the mineshaft where the bodies of the last czar and his family were thrown after the Bolsheviks executed them in July of 1918. The place is called Ganina Yama, and today there is a monastery here. The Orthodox Church has declared Nicholas II to be a martyr-saint, saying that a czar's coronation is sanctioned by God. On the grounds of the new monastery, named the Holy Monastery of the Royal Martyrs Czar Nicholas and Family, are six wooden churches made without the use of nails, in the old-fashioned Russian way, to honor Nicholas and his family.

Europe/Asia Obelisk Traditionally the border between Europe and Asia, the Urals stretch 1,250 miles south from the Antarctic. They are not particularly high; indeed the highest point, Mount Narodnaya, is only 6,214 feet. The Europe-Asia monument includes an obelisk and a stone marking the point where Europe ends and Asia begins, just before Ekaterinburg along the east-bound Trans-Siberian rail line.

Lunch Enjoy lunch at a local restaurant today.

Dinner Dinner is on your own this evening.

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DAY 13

Friday
9/20/19

Ekaterinburg to the Trans-Siberian Railway

Ekaterinburg is also known as the birthplace of Boris Yeltsin. Born to peasant parents, Yeltsin studied civil engineering at Ekaterinburg Technical University before working his way up the ladder in the Communist Party.

Stone Carving and Jewelry Museum

Ekaterinburg's Lapidary and Jewelry Museum was founded in 1992, and features emerald building blocks, worked malachite, jasper and marble from the imperial Lapidary Factory as well as lapidary tools and unique Russian jewelry pieces from the 19th and 20th centuries.

Church on the Blood

Visit the Church on the Blood, which stands over the spot where Czar Nicholas II and his family were killed in 1918. The young family has been canonized by the Russian Orthodox Church, and declared martyrs, as holy passion-bearers, reverent believers who were tormented by the Soviets for their beliefs. The church was designed in the early 20th century Russian/Byzantine style that Nicholas favored.

Black Tulip Memorial

This statue of an exhausted and traumatized soldier is a memorial to the young men sent to fight in Afghanistan in the last years of Soviet power. Here in the square with its bubbling fountains is a corresponding memorial to the people who died and were injured in the war with Chechnya.

Board the Train

Hop back on the Trans-Siberian Railway and head for Moscow!

Accommodations

Trans-Siberian Railway

Meals Included

breakfast, lunch

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DAY 14

Saturday
9/21/19

The Trans-Siberian Railway to Moscow

Extending across the entirety of Northern Asia and much of Eastern Europe, Russia spans eleven time zones. It shares land borders with Norway, Finland, Estonia, Latvia, Lithuania, Poland, Belarus, Ukraine, Georgia, Azerbaijan, Kazakhstan, China, Mongolia and North Korea.

- | | |
|-----------------------|--|
| Last Day on the Train | Enjoy your last day getting to know travelers on the train with you. Lunch is available for purchase in the dining carriage. |
| Arrive in Moscow | Arrive in Moscow this afternoon where you will be met and transferred to your hotel. |
| Farewell Dinner | Enjoy a farewell dinner with your group to toast the end of a spectacular trip! |

Accommodations

Holiday Inn Lesnaya

Meals Included

breakfast, dinner

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DAY 15

Sunday
9/22/19

Depart Moscow

Enjoy one last morning in Moscow before departing for the US.

Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home.

Meals Included
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

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Accommodation Details

Holiday Inn Lesnaya

This upscale Moscow hotel is situated in the famous business district of White Square near Belorussky railway station. You can't beat the location of this hotel for your stay in Moscow!

Mergen Bator

Mergen Bator is perfect for those who appreciate European comfort and Siberian hospitality. Modern technology, convenient location in the business and cultural center of Ulan Ude, and skilled and attentive staff will make your stay in Ulan Ude unforgettable.

Courtyard Marriott

With beautifully appointed accommodation and outstanding service, the Courtyard Irkutsk City Center provides a relaxed home away from home. You'll be delighted with the picture-perfect hotel location in the city center, within walking distance of Kirov Place, Angara River, and Drama Theatre.

Anastasia Hotel

Anastasia hotel is located at the outflow of the Angara River. This small hotel has 17 comfortable rooms, and all building materials in the hotel are made of natural products, including oak, ash, cedar, and Siberian pine.

Trans- Siberian Railway

Your overnight sleeper accommodations on the train will be four women per compartment. The toilet and sink are located at the end of each sleeping carriage. There are no bathing facilities on board the train.

Onegin Hotel

Hotel Onegin consists of impressive architecture and stylish rooms that overlook the Holy Trinity Cathedral in Ekaterinburg. It is located in the center of Ekaterinburg, and is within walking distance from the Ekaterinburg Circus, the Nevyansky Icons Museum, and the Mineralogical Museum of the Urals, as well as Opera and Ballet Theater.

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Included/Not Included

Included:

- ▶ Accommodations based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation as per itinerary
- ▶ Activities as listed in the itinerary
- ▶ Entrance fees
- ▶ English-speaking guides throughout the trip
- ▶ Bottled/purified water with meals, in vehicles, and aboard the train
- ▶ Baggage handling
- ▶ One AdventureWomen Ambassador

Not Included:

- ▶ International airfare
- ▶ Domestic airfare
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Fees for passport, visa, or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for guides

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for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

Activity Level:

Moderate

Active

High Energy

Challenging

We rate this trip as Moderate with Active options. Our Moderate adventures exercise your mind more than your body and are designed for women who prefer a leisurely, less rigorous experience. For example, you could walk up to 2 miles per day through cities and villages, stand in museums for a few hours, relax on a boat, or view wildlife from a vehicle. Our Active adventures get you on your feet! You should be in good physical condition for these trips and comfortable walking on uneven surfaces, such as cobblestone streets, biking well-maintained paths and natural trails, or kayaking in calm waters.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

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Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before June 10, 2019.

Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

You need a visa to travel to Russia. An estimate of current visa costs for U.S. passport holders, based on standard processing time, is \$290. Your exact visa fees may differ as visa costs can depend on a number of factors, such as state of residence, processing time, and return shipping. We will facilitate your visa application process a few months prior to departure.

You will be asked to submit your passport to the hotel upon check-in for registration purposes. The hotel may return your passport right away, or may keep it overnight, and this process may be repeated at other cities on your itinerary. Always make certain you reclaim your passport at the desk. Do not lose it or your customs declaration.

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Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Russia, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to www.cdc.gov/travel and navigate to the page about Russia.

Money:

The currency of Russia is the Ruble. Make sure that any US bills you bring to exchange are crisp, new and unmarked. Ask your guide for the best place to exchange money - rates at airports and banks are not always the best. Your passport is usually required to exchange money.

ATMs: Called bankomats, are prevalent in larger cities. It is recommended that you use your ATM card to get cash, and then use the cash for your purchases. It is preferable to use ATMs inside hotels and banks, due to reports of scams involving street ATMs.

Credit Cards: Credit cards can be used at more and more places in Western Russia, but it is wise to save all receipts and check them against your statement on your return home. Some cases of fraud have been reported.

Suggested Gratuities: Complete guidelines are included separately in your final packet.

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Arrive: Arrive in Moscow, Russia (SVO or DME) on September 8, 2019 by mid-day.

Depart: Depart Moscow, Russia (SVO or DME) on September 22, 2019.

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393
email: info@adventurewomen.com

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

Note: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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Be prepared for a wide variety of conditions, spanning the range from hot, sunny weather to more average cooler early-autumn weather. Here is a list of average low and high temperatures in late August - early September:

Moscow: 43 - 68°F

Irkutsk: 40 - 71°F

Ulan Ude: 35 - 73°F

Ekaterinburg: 42 - 67°F

We recommend that you travel with one small to medium checked bag that you can handle yourself as needed, and one carry on. Your flight within Russia has a 44lb weight limit. Pack comfortable clothes that can easily be layered. All daytime excursions are considered casual. In addition to casual clothing that will serve for the majority of the trip, you may want to have one or two slightly nicer outfits along for evening events. Nothing too fancy, but something that will be appropriate for a nicer dinner.

Clothing and Gear:

- Duffel bag or small suitcase
- Daypack and rain cover
- 2 pairs of well-broken in walking shoes
- Comfortable shoes for evenings
- 5-6 short sleeve shirts
- 3-4 button down shirts/blouses
- 2 long sleeve tshirts
- 3-4 pairs of pants
- 1-2 nicer outfits for evenings
- Fleece jacket/sweater
- Waterproof jacket/wind-breaker
- 1 bathing suit
- Underwear
- Socks

- Hat for sun protection

- Sleepwear

*While locals will not often wear shorts, it is no problem if you would like to wear them.

*You will likely be washing at least your socks and underwear in your hotel sink, so carry items that dry easily. Some hotels will offer laundry service, but not all.

AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2 spare passport photos in case your passport is lost or stolen
- Write down/print out travel insurance number

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Essentials Continued:

- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs.
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

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Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a